



The Idaho Home Outreach Program for Empowerment (ID-HOPE) provides Critical Time Intervention (CTI) services. CTI is a time-limited intervention lasting 9 months; it is divided into 3 specific phases and focuses on a limited number of treatment areas. The CTI team works with participants to create a recovery plan and build and strengthen linkages to both formal and informal supports in the community during the first phase. The CTI team works with participants to evaluate and adjust community resources as needed, assess and build upon strengths, and reinforce community linkages during the second phase. Participants continue to manage their formal and informal supports with support from the CTI team while transferring care to community supports during the third phase.

CTI Specialists

ID-HOPE CTI Specialists are Masters and Bachelor level mental health service providers in social work and counseling specialty areas. CTI Specialists are knowledgeable in the Motivational Interviewing approach, which is used to facilitate the implementation of Critical Time Intervention. Our CTI staff provides specialized assistance in Crisis Intervention Services, accessing housing, accessing employment, applying for SSI/SSDI, and eligibility for Medicaid enrollment.

CTI-Certified Peer Specialists

Certified Peer Specialists model recovery and resilience for ID-HOPE participants. They are able to use their personal experiences with mental illness to connect with participants using unique insight, empathy, empowerment, and support while facilitating self-direction and a path to recovery while providing comprehensive CTI services.

Crisis Intervention Services

The ID-HOPE CTI team includes specialty crisis staff. The crisis staff will take the lead in providing short-term (7-14 day) intensive crisis stabilization services for participants with elevated risk of hospitalization due to a danger to self or danger to others. If the ID-HOPE staff determines that risk of harm has escalated in the course of the crisis stabilization services, they will facilitate steps to ensure the safety of the participant. The ID-HOPE team provides daily phone calls and increased visits to participants receiving intensive crisis stabilization services.

Recovery Plans

ID-HOPE staff assists participants in establishing a participant-led recovery plan addressing 2 or 3 mutually identified areas of intervention. Possible intervention areas include Health and Benefits, Money Management, Employment, Life Skills, Family Support, Mental Health, Substance Use, and Housing. Participants and ID-HOPE staff work together to create goals that are optimistic, realistic, and time-limited. The plans are reviewed and updated after 3 and 6 months of services in order to facilitate the participant's self-determination. A transition plan is discussed and created with the participant after 6 months of ID-HOPE services; the transition plan establishes a strategy to transfer care to community resources, formal and informal supports, and the clients themselves.

Wellness Recovery Action Plan (WRAP)

WRAP is an optional service that is available to every ID-HOPE participant. Our CTI-Certified Peer Specialists are either WRAP-Trained or Certified WRAP Facilitators in the Mary Ellen Copeland WRAP model. Individual WRAPs are designed by the participant with the help of personal supports, health care providers, and mental health providers. Elements of WRAP

include the Wellness Toolbox, Daily Maintenance Plans, Identification of Triggers and Action Planning, Identification of Early Warning Signs When Things are Breaking Down and Action Planning, Crisis Planning, and Post Crisis Planning.

Supported Housing Services

Our housing services are designed to help those that are homeless or in need of housing improvements access safe, decent, and affordable housing. ID-HOPE staff assist participants in creating linkages with resources in the community that provide low-income housing or rental and utility assistance. Participants are often educated about their credit histories and background checks so they can meet and clear any hurdles that are preventing them from securing housing.

Supported Employment Services

Our employment services engage clients on a journey to find employment or volunteer opportunities, complete employment applications, create and distribute resumes, prepare for interviews, and secure employment opportunities that are appropriate and sustainable. Participants are often guided through conflicts and difficulties in the workplace so they can maintain and improve their employment situations.

SSI/SSDI Outreach, Access, and Recovery (SOAR) Services

SSI/SSDI Outreach, Access, and Recovery (SOAR) is a national project funded by the Substance Abuse and Mental Health Services Administration that is designed to increase access to SSI/SSDI for eligible adults who are homeless or at risk of homelessness and have a mental illness and/or a co-occurring substance use disorder. ID-HOPE uses this method to assist participants in realizing SSI/SSDI benefits. **SOAR services are only available to ID-HOPE participants.**

FREQUENTLY ASKED QUESTIONS

Who is eligible to receive these services?

ID-HOPE participants must meet specific criteria to qualify for these services:

1. Has a voluntary desire to participate in and work toward recovery and wellness
2. Does not have Medicaid or any other form of health insurance
3. Has minimal or no existing services (or is unable to access services in the community with their existing benefits)
4. Is diagnosed with a Serious Mental Illness or a Serious and Persistent Mental Illness:
 - a) Mood Disorders
 - b) Anxiety Disorders
 - c) Psychotic Disorders
 - d) Personality Disorders
 - e) Co-occurring Disorders (MHSUD)
5. Is motivated to work on at least 2 functional limitations:
 - a) Health Functioning
 - b) Housing
 - c) Behavioral Health Functioning
 - d) Social Functioning
 - e) Vocational Functioning
 - f) Educational Functioning
 - g) Self-care Functioning
 - h) Community Functioning
 - i) Family Functioning
6. Has a history or risk of hospitalization related to symptoms of mental illness or suicidal thoughts and behaviors

Why participate in ID-HOPE services?

Our services are provided with an overall goal of helping you gain maximum independence and quality in life through your personal recovery process.

How much does it cost?

ID-HOPE services are free to participants; funding is provided by a SAMHSA grant which is contracted through the Idaho Department of Health and Welfare.

ID-HOPE is a Division of Human Supports of Idaho



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